

Day 4: Those with Disabilities are Indispensable.

Celebration
#LifeWeek2021

Send cards and gifts (quilts, fruit baskets, etc.) from individuals and the congregation during major holidays. Ask those with disabilities to participate in the gift-giving.

Ask someone with disabilities to help throw a birthday party or other event.

Sponsor a prom for those with disabilities.

Similar to Christmas Caroling, plan and participate in Lenten Caroling, bringing hymns to nursing homes and group homes and encouraging residents to sing along.

Plan an outing for someone with disabilities.


Celebrate the birthdays of those with disabilities.

Spend time getting to know and building a friendship with someone who has a disability.

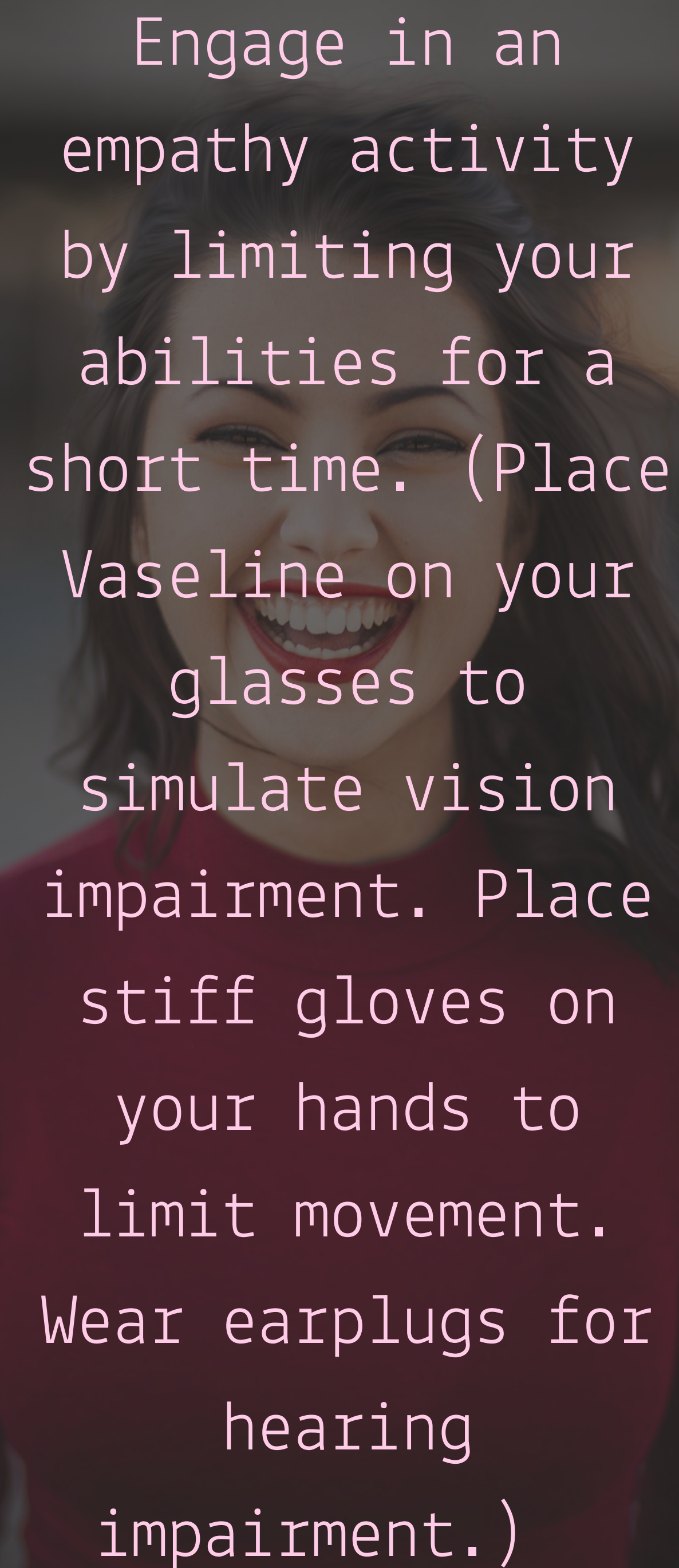
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Ask a speaker from LFL or Bethesda to speak on how to best serve those with disabilities in a life-affirming way.



Ask an individual with a disability to speak on his/her disability.



Engage in an empathy activity by limiting your abilities for a short time. (Place Vaseline on your glasses to simulate vision impairment. Place stiff gloves on your hands to limit movement. Wear earplugs for hearing impairment.)



Create an educational event that focuses on a specific disability seen in your church. Ask an individual with that disability to be an expert on the panel discussion.

Education

#LifeWeek2021

VOLUNTEER TO TUTOR OR TEACH A NEW SKILL TO SOMEONE WITH A DISABILITY. ASK TO LEARN A NEW SKILL FROM HIM OR HER.

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Volunteer at or help organize a special Olympics.

Volunteer to aid a disabled member of the congregation.

Volunteer at nursing homes; read stories to those who are blind or have lost their sight.

Volunteer to put a brail Bible together.

Service
#LifeWeek2021

Volunteer at an adult day care center.

Offer to babysit for a family who has a child with disabilities.

Donate items to a residential home.

Sponsor a child with disabilities through Children's Christian Concern Society, World Vision, or another local organization.

Make participation in Service activities possible for those with disabilities.

Connect with a Bethesda home in your area, and find ways to volunteer.

DAY 4: THOSE WITH DISABILITIES ARE INDISPENSABLE.

**ASK THOSE WITH A DISABILITY
HOW TO MAKE YOUR CHURCH
MORE DISABILITY FRIENDLY.**

**PARTICIPATE IN OR START
A WEEKLY BIBLE STUDY
FOR THOSE WITH
COGNITIVE DISABILITIES.
INCLUDE A CRAFT AND
SOCIAL TIME.**

**WORSHIP
#LIFEWEEK2021**

**ASK THOSE WITH
DISABILITIES HOW THEY
WANT TO HELP SHARE THE
FAITH WITH OTHERS, AND
WORK TO MAKE THOSE
OPPORTUNITIES AVAILABLE.**

**CREATE LARGE PRINT BULLETINS
FOR CHAPEL; PHOTOCOPY NOTES FOR
THOSE WHO HAVE DIFFICULTY
WRITING. REQUEST PRINTED
SERMONS FOR THOSE HARD OF
HEARING.**

**PRAY FOR THOSE WHO
HAVE DISABILITIES AND
ASK THEM TO PRAY
FOR YOU.**